

## Creative Spring Events for Team Nutrition Schools

Spring activities are being carried out through Fun Fruit and Vegetable Event mini-grants. Some creative ideas include:

- Luau of fruits and vegetables complete with colorful island decorations and grass skirts
- Spring field-days with booths and games teaching nutrition concepts and physical activity
- Health fairs/carnivals with local garden shops selling vegetable plants to families attending
- Coloring or collage contest, rhyme or song contest

The Colman-Egan Wellness Council will again sponsor a chef salad supper before their Spring concert. This year they plan to give packets of garden seeds to each child for Kids Gardens. The family will sign a contract to plant the seeds, weed, water, and harvest garden products. In the fall the children will come back to school and show pictures of their garden and write a story about it. The seeds are provided by the C-E Wellness Committee.

The usual Spring concert at some SD Team Nutrition schools

has become a medium for encouraging children to live healthfully. Music teachers might plan to order a children's musical for next year. The 2007 concert at Colman-Egan featured songs from a production called "Feelin' Good" by Teresa Jennings. Samples of songs like "The Body Boogie", "The Food Pyramid", and "The Exercise Tango" can be heard on the Musick8.com.

Val Luze, Public Health Nurse for Avera McKennan, who attended the concert last spring commented, "The 'Feelin' Good' program was one of the more enjoyable ones I have seen. You could tell the kids were really having fun with it and that they 'believed' what they were singing."

Another fine art production is the Snack Attack Reader's Theater for Grades 3-6. Access the free script

at [www.educationworld.com/a\\_curr/reading/ReadersTheater/ReadersTheater026.shtml](http://www.educationworld.com/a_curr/reading/ReadersTheater/ReadersTheater026.shtml). Students can also be encouraged to write their own Reader's Theater.



### Special points of interest:

- Health conscious school events
- Final DDN Session
- News from Eat Smart. Play Hard.
- Promoting fruit, vegetables, and gardens
- Sodabriety Challenge
- TN School Success Story

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## Final DDN on Whole Grains

The final 2008 training for any school staff, parents, and wellness committees will be broadcast on April 30, 1-3 PM MDT/2-4 CDT, to 20 participating sites. Learn how to incorporate more whole grains into school lunch. Special guests with baking experience will share tips for baking with whole grains and how to encourage children to eat more whole grain.

Part two will address how to evaluate which foods in the school contain discretionary calories. Topics include vending machines, school stores, sale of items in classrooms, food given as rewards, a la carte items, and concession stands.

Lesson materials will be available online just before the date at <http://doe.sd.gov/oess/cans/nutrition/trainingandasistance.asp>. Video will be available at this location a few weeks after the presentation. Available now are videos from two previous sessions (Guidelines for School Meals and Schools Garden) with Social Marketing coming soon.

## Excite Students with Materials from "More Matters"

[www.pbhctalog.com/](http://www.pbhctalog.com/)

The campaign "Fruits and Vegetables: More Matters" has materials to encourage children and adults to eat more fruits and vegetables. Educational resources and reminders are available to order at the Produce for Better Health website, [www.pbhctalog.com/](http://www.pbhctalog.com/).

Among the available materials are "teaching aids" such as games, songs, and activity books and "promotional materials" like pens/markers, rulers, stickers, water bottles, measuring cups, key rings, note

cubes, lanyards, and more. The "retail" link shows a variety of posters and danglers.



## Eat Smart. Play Hard.™ Materials for Educators

[www.fns.usda.gov/eatsmartplayhardeducators/](http://www.fns.usda.gov/eatsmartplayhardeducators/)

Changes to the Eat Smart. Play Hard.™ web site for Educators feature a link with easy to find resources and ready-to-go toolkits for promotion using the Power Panther and friend Slurp. **Invite Power Panther** to visit your site during his fall '08 tour. Events might include a school assembly, lunch-room visit, or walk at recess.

**USDA** United States Department of Agriculture  
Food and Nutrition Service

**EAT SMART. PLAY HARD.™**  
*for educators!*

...encouraging and teaching kids and adults to eat healthy and be physically active everyday.

Eat Smart. Play Hard.™ provides practical tools to help you motivate children and their caregivers to eat healthy and be physically active. Messages and materials are fun and based on MyPyramid and the Dietary Guidelines for Americans.

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**Find Materials Here**

**Get Involved! Access Campaign guidelines, "Bright Ideas" and more.**

**Search by topic, format, or target audience. Results are shown as thumbnail images with descriptions of the material and ideas for using them.**

## Lessons for Promoting Fruits and Veggies

Teaching materials and tips called the "More Matters Resource Manual" have been developed by the Florida Department of Health, [www.Florida.WIC.org](http://www.Florida.WIC.org). A section on Worksite Wellness suggests conducting a healthy snacks workshop for employees, promoting a fruit or vegetable of the month, coordinating a contest or challenge, and including motivating messages at meetings and events.

Preschool and early elementary teachers may find "Things to Remember When Teaching Young Children" to be helpful. Tips emphasize you are the role model, children love to repeat things, emphasize positive ways of talking and acting, increase opportunities to listen, see, and do, teach children new things with what they already know, gradually introduce new words and concepts, and build self-esteem and pride. Lessons are provided for preschool, elementary, teens, adults, and older adults.

Some engaging activities are:

\*The Garden Game (children sit in a circle and are given fruit or vegetable names, they switch

places when a leader calls out two fruits or vegetables, or all switch when "tossed salad" is called)

\*Make a Garden in a Glove (place damp cotton balls in the fingers of a plastic glove, place several seeds in each finger, place in a window to sprout, cut the tips of the glove to remove sprouted seeds for transplanting)

\*Who Influences My Fruit and Vegetable Intake? (list influences, are they negative, can it be changed to positive)

\*Write Your Own Fruit and Veggie Song or Rap. (use a familiar tune such as "Jingle Bells" or "This Old Man" to create a rhyme, song, or cheer)

\*Salad Contest (teams make salad from 5 fruits or 5 vegetables for judging as most colorful, most creative, etc.)

\*What Does 4 or 5 Cups Look Like? (demonstrate with models or actual food, place 4-5 cups on several plates to show food throughout a day)



## KidsGardening.com

Encouraging children to garden increases their curiosity about tasting what they grow and their openness to eating more fruits and vegetables.

In addition to encouraging healthful eating, schools are using gardens to educate on science, math, language arts, and social studies concepts. Gardening lessons can cross all age

groups from preschool to older adults.

The [KidsGardening.com](http://KidsGardening.com) website provides resources on gardening skills, how-to's, lesson plans and projects to help children learn from the garden. Educators sign up for the Kids Garden Newsletter and others at [www.garden.org/home](http://www.garden.org/home). Sections of the Kids Gardening website include classroom projects, thematic units, classroom stories, activities, school greenhouse guide, a school garden registry, parent's primer, photo contests, grants, and more.

## "Sodabriety" Healthy Challenge

Improve your health and have a little fun by participating in the Sodabriety Healthy Challenge! This online challenge encourages decreasing intake of sweetened beverages. Sweetened beverages are the main source of sugar in the American diet and can lead to unwanted weight gain and tooth decay.

The Sodabriety challenge will count water intake and run May 1-31. South Dakotans can participate either on teams or as individuals. Sign-up begins now so get your team together.

Sodabriety participants will receive a Healthy SD water bottle to help them drink more water—a healthy, non-sweetened beverage. Be sure to drink other healthy beverages also.

For more information and to sign-up go to [www.HealthySD.gov](http://www.HealthySD.gov) and click on "Sodabriety Challenge."



## Early Registration Power Panther Tour

**Due May 15**

**Have the Power  
Panther visit your  
school/agency  
sometime**

**between August  
18 and October  
17, 2008.**

**Guarantee your site  
visit with a timely  
application**

**<http://doe.sd.gov/oess/cans/nutrition/index.asp>**



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## Great Ideas for Nutrition and Physical Activity at St. Thomas

A 2007 mini-grant to St. Thomas Catholic School in Madison resulted in a variety of fun and educational activities. Ideas that your school might want to duplicate include:

\*The St. Thomas Student Council held an annual "Giving Tree" service project encouraging participants to give gifts that involved physical activity, games, or sporting equipment.

\*An aerobic instructor taught 4th and 5th graders about aerobic exercise which will be included in the PE classes.

\*Family Picnic Night featured students' choreography of chosen nutrition songs in a production called "Dancing with the Students." Songs were purchased from <http://www.songsforteaching.com>. (Search for food and nutrition.)

\*A "Welcome Back Spring" taste testing breakfast encouraged students to try different fruits and vegetables for breakfast.

\*Pedometers were used to keep track of morning laps in the school gym with prizes from the Madison National Guard.

\*Healthy treats are served at family events and in classrooms.



## Quick Tips

**Nutrition Basics, Centers for Disease Control at**

**[www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/basics.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics.htm)**. Access current nutrition

information in an understandable format. Links include Food Groups, Water, Dietary Fat, Carbohydrates, Protein, and Vitamins and Minerals.

**USDA Fact Sheets for Healthier School Meals.** Sheets on Fruits, Dairy, and Grains are ready for download with more coming in the near future. Access them at [www.fns.usda.gov/tn/Resources/dqfactsheet\\_hsm.html](http://www.fns.usda.gov/tn/Resources/dqfactsheet_hsm.html).

**Healthy Snack Tips for School Environments.** Access at [www.cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.pdf](http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf).

**Garden Stake.** Print the Power Panther on a card to cut out, laminate, and staple to a stick. Label the stick with the name of the plant in the row. Place alongside of your garden plants or in the container garden in your school. For more ideas go to [www.fns.usda.gov/eatsmartplayhardeducators/materials/index.asp](http://www.fns.usda.gov/eatsmartplayhardeducators/materials/index.asp) and type in "Taste the Colors" in the keyword box.

